



Christina's Harira

 Dairy Free  Very Healthy

READY IN



650 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound beef stew meat cubed to taste
- 3 stalks celery chopped
- 1 chicken bouillon cube
- 0.8 cup flour all-purpose
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons parsley fresh chopped
- 1 cup garbanzo beans dry
- 1 teaspoon ground ginger

- 6 servings salt and ground pepper black to taste
- 0.5 cup lentils yellow dry
- 1 tablespoon olive oil
- 1 large onion chopped
- 0.5 cup orzo pasta uncooked
- 1 pinch saffron threads
- 6 ounce tomato paste canned
- 5 tomatoes peeled chopped
- 7 cups water

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Place the dry garbanzo beans into a large bowl, and fill with water. In a separate bowl, cover the yellow lentils with water; allow the beans and lentils to soak overnight.
- The next day, drain the water. With your thumb and forefinger, pick up and pinch off the husk from each garbanzo bean; discard husks.
- Place chicken bouillon cube into a small bowl, and dissolve in 1 cup of hot water.
- Heat olive oil in a large soup pot over medium heat, and cook the onion in the oil until translucent, about 5 minutes; stir in the saffron and ginger until combined.
- Add the beef to the skillet, and cook until browned, about 15 minutes, stirring the meat and sprinkling it with salt and black pepper as it cooks.
- Mix in the chicken bouillon and prepared garbanzo beans, and bring the mixture to a boil.
- Pour in 7 more cups of water, and mix in the celery, parsley, and cilantro; simmer until the celery is tender, about 30 minutes.
- Mix in the soaked lentils, and cook an additional 20 minutes.

- Mix in the tomatoes, cover the pot, and cook until tomatoes are tender, about 20 more minutes. Stir in the orzo, and simmer until tender, about 5 minutes.
- In a bowl, whisk the flour and tomato paste together; if mixture is too stiff, add about 1/2 cup of water, a tablespoon at a time, or as desired. Stir the tomato paste mixture into the soup, and bring to a boil, stirring often. Cook until thickened and the flavors have blended, about 15 more minutes.

Nutrition Facts



■ **PROTEIN 24.81%**
■ **FAT 16.31%**
■ **CARBS 58.88%**

Properties

Glycemic Index:78.06, Glycemic Load:17.21, Inflammation Score:-9, Nutrition Score:24.646521734155%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 322.36kcal (16.12%), Fat: 5.9g (9.07%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 37.47g (13.63%), Sugar: 7.43g (8.26%), Cholesterol: 23.52mg (7.84%), Sodium: 259mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.38%), Manganese: 1.07mg (53.68%), Vitamin K: 52.96µg (50.44%), Folate: 193.87µg (48.47%), Fiber: 10.44g (41.75%), Selenium: 26.76µg (38.23%), Phosphorus: 288.67mg (28.87%), Vitamin B6: 0.57mg (28.52%), Vitamin B1: 0.42mg (27.88%), Vitamin C: 22.91mg (27.77%), Vitamin B3: 5.38mg (26.88%), Iron: 4.62mg (25.69%), Vitamin A: 1201.38IU (24.03%), Potassium: 840.4mg (24.01%), Zinc: 3.42mg (22.83%), Copper: 0.45mg (22.73%), Magnesium: 78.51mg (19.63%), Vitamin B2: 0.25mg (14.97%), Vitamin B12: 0.7µg (11.69%), Vitamin E: 1.64mg (10.92%), Vitamin B5: 0.97mg (9.74%), Calcium: 81.42mg (8.14%)